

Dennis Cipriano Dickinson, 12
Delran Middle School
Delran, NJ



FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.state.nj.us/humanservices/cap/njcap3.html

S E P T E M B E R						
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October

N O V E M B E R						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

S

M

T

W

T

F

S

Notes _____

Use the "Notes" space to
write something special
your child did this month.

1 Fire Safety Month

Hold a family fire drill. Children (and adults) will be calmer in a real emergency if they know what to do.

2 This school year, focus on your child's effort and improvement, not on winning or competing.

3 Get to know your children's new school friends by inviting them to share a family meal or outing.

4 Stress can affect kids, too. Make sure your children aren't overcommitted with school and sports activities.

5 Feeling overwhelmed? Get in touch with a supportive friend or relative or call 1-800-THE KIDS.

6 Reach out to a child. Your smile or words of encouragement can mean a lot.

7 Parenting isn't about perfection, it's about loving well.

8 Toddlers love singing songs and repeating nursery rhymes.

9 Put up a bird feeder you and your children can watch from your window.

10 Use the camera this weekend to capture memories of your kids having fun in the colorful leaves.

11 **Columbus Day**
Get out the atlas and show the kids the voyage of the Nina, the Pinta and the Santa Maria.

12 When you have to be away from home, a tape recording of you reading a favorite story will delight your children.

13 Give yourself downtime when you come home from work, even if it's just for a few minutes.

14 When you're feeling tense, take a few minutes to stretch or try a yoga pose. When your body relaxes, your mind will too.

15 Love and encouragement help children feel strong and confident.

16 Take a break. Head to a park with the children to enjoy the crisp fall air.

17 When children can handle something for themselves, try to let them do it, even if it takes a little longer.

18 Children know you care when you share their interests and experiences.

19 Keep a family health record that includes all the kids' immunizations.

20 Let your teenager know you're always available to listen to his or her problems and concerns.

21 Try not to blow things out of proportion. Let little worries remain that way until you solve them.

22 Good parenting teaches children to handle problems and conflict positively.

23 Gather pretty leaves and help children identify them. A library book can help.

24 **Daylight Saving Time Ends**
Fall Back. Set clocks back an hour.

25 Being a parent can be stressful. Don't be afraid to ask for help. Call 1-800-THE KIDS.

26 Review report cards and progress reports with your children when they bring them home.

27 By your example, you teach and reinforce your family's values.

28 Enjoy life's simple pleasures with your children, like taking a walk to admire the colorful fall foliage.

29 Positive parenting never involves shame, humiliation or rejection.

30 Enjoy some old-fashioned Halloween fun this weekend: bob for apples or make popcorn balls.

31 **Halloween**
Go with the kids when they're trick or treating.